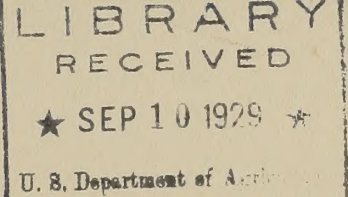


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THE HOUSEHOLD CALENDAR.



A radio talk by Mrs. Rowena Schmidt Carpenter, Assistant to the Chief of Bureau of Home Economics, through WRC and 31 other stations associated with the National Broadcasting Company at 1:35 p. m., E. S. T., Thursday, August 29, 1929.

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HOW DO YOU DO HOMEMAKERS?

All of you ought to be feeling pretty fine, if weather has anything to do with it. The Weather Bureau reports today that temperatures are mostly below the seasonal average everywhere east of the Rocky Mountains, except in Texas. Bellefonte, Pennsylvania, again reported the lowest temperature this morning -- this time 40 degrees. Yesterday our friends in the Plains States and the Great Lakes and the Appalachian Mountain regions of North Carolina had some showers.

And now leaving the weather to take care of itself we come again to the Household Calendar.

I wonder how many of you have gotten used to depending upon a thermometer in cooking? A thermometer takes so much of the guesswork out of baking, roasting, deep fat frying and the making of cake icings and candy that it is a great relief to feel sure of results through its use. With a thermometer in the oven it is no longer necessary to wonder just how hot a moderate oven should feel, or what your favorite cookbook means by "bake in a quick oven." Modern cookbooks usually give temperatures along with the descriptive terms that correspond, for instance directions for cooking a tender roast will read: "Sear in a very hot oven, 500° Fahrenheit, until a golden brown crust is formed over the roast, and then reduce the temperature of the oven to 300° Fahrenheit for slow roasting." Of course many ovens are provided with a heat indicator, but if not, a very accurate, compact thermometer built on a little standard can be placed on the oven rack. A heavy, well made chemical thermometer that reads above 500° Fahrenheit can be used for many purposes in the kitchen. It can be inserted in the top of certain types of ovens after a hole is bored. Such a thermometer can also be used for deep fat frying, and the cooking of sugar syrup. Some homemakers prefer to buy separate thermometers for three different purposes; each constructed to fit a specific need: The oven thermometer on a standard, the sugar cooking and frying thermometer protected by a strong metal case which allows it to be hooked on the side of the kettle, and a short tube thermometer to insert inside of roasts. This last kind is called a roast meat thermometer, and is very valuable in telling exactly the state of done-ness inside of a large piece of meat.

Let me tell you about a rib roast of beef that was put in the oven just before I left the Bureau. It is roasting with the rib bones left intact, that is, in the standing rib cut, with the bone holding the meat up from the pan. The tip of the ribs rest on the pan at one end, and the back bone at the other. The layer of fat over the lean acts as a self-basting arrangement. A short tube thermometer is thrust into the center of the lean part, or the eye of the beef. This roast was wiped off with a damp cloth, sprinkled with salt, pepper, and flour, placed in a shallow roasting pan without water and without a cover, and put into a very hot oven, temperature 500° Fahrenheit, for about twenty-five minutes, during which time a crust was formed to hold in the juices. Then the oven heat was reduced quickly, by turning down the gas flame and by leaving the oven door open a few minutes. The roasting is continuing slowly at 300° F.

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The meat will be medium done when the thermometer stuck into the center of the lean registers 160° F. This will take about six hours, because the roast described weighs almost fourteen pounds with the bone, and for medium doneness about twenty-five minutes to the pound is allowed. The joy of this method is that we feel absolutely sure that the middle of the roast will be medium done when the short meat thermometer registers 160, and we know also that it will be juicy and tender because of the slow roasting, and full of flavor because no water is forming steam to wash the juices into the gravy. Rich flavored gravy is always made at the sacrifice of flavor in the meat, and should, therefore, be obtained from the tougher cuts that require moisture to soften the fiber. If you are interested in knowing more about our methods of meat cookery, let me send you Leaflet 17, "Cooking Beef According to the Cut," and Leaflet 28, "Lamb as You Like It."

In deep fat frying of croquettes, doughnuts, potato chips, and "French fries," in sugar cookery, pasteurizing milk, making cottage cheese, cheddar cheese, and butter, and in checking to see that the household refrigerator is holding a steady temperature below 50° F., a thermometer is invaluable. I am sure I have given you plenty of definite temperatures to remember today, so I shan't try to quote any others. If this idea of depending on household thermometers appeals to you, I am sure you will write your specific questions to us at the Bureau of Home Economics, Washington, D. C.

